



CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

MONDAY, OCTOBER 30

GRILL	BBQ PORK RIBLET SANDWICH WITH CHIPS @ \$2.95.....WITH FRIES	\$3.95
LOWFAT	SMOKED TURKEY SALAD WRAP	\$2.95
FEATURE	SPAGHETTI 'N' MEATSAUCE WITH SALAD & BREAD STICK	\$5.51
FEATURE	HAM & CHEESY HASHBROWNS WITH VEG. & ROLL	\$5.51

TUESDAY, OCTOBER 31

GRILL	ROUGH RIDER BACON CHEESEBURGER W/CHIPS @ \$3.00.....W/FRIES	\$4.00
LOWFAT	GRILLED CHICKEN ON MEXICAN RICE WITH SALAD & ROLL	\$5.51
FEATURE	SAUSAGE 'N' KRAUT WITH POTATO, VEG. & ROLL	\$4.90
FEATURE	BAKED POTATO WITH CHILI CHEESE (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$3.25

WEDNESDAY, NOVEMBER 1

GRILL	TACO SALAD BAR.....	\$5.51
LOWFAT	HAM SALAD WRAP	\$2.95
FEATURE	SWISS STEAK WITH POTATO, VEG. & ROLL	\$5.51
FEATURE	CHICKEN CASSEROLE WITH VEG & ROLL	\$4.90

THURSDAY, NOVEMBER 2

GRILL	CHICKEN CORDON BLEU WITH CHIPS \$3.25.....WITH FRIES	\$4.25
LOWFAT	TURKEY APPLE GRAPE SALAD	\$3.97
FEATURE	CHICKEN LASAGNA WITH SALAD & BREAD STICK	\$5.51
FEATURE	PORCUPINE MEATBALLS WITH POTATO, VEG. & ROLL	\$5.51
FEATURE	BAKED POTATO WITH MARGARINE AND SOUR CREAM (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream- .25 each)	\$1.60

FRIDAY, NOVEMBER 3

GRILL	SHRIMPBURGER WITH CHIPS \$2.95 WITH FRIES	\$3.95
LOWFAT	CRAB SALAD SANDWICH	\$2.95
FEATURE	MEATLOAF WITH POTATO, VEG. & ROLL	\$5.51

DAILY SPECIALS

FRENCH FRIES ARE \$1.40 OR \$1.00 WITH A SANDWICH

*** GRILLED CHICKEN ***		\$2.95
HOT BEEF SANDWICH		\$4.90
ROAST BEEF DINNER		\$5.14
SALAD BAR		\$1.90
CHILI	CUP \$1.50 BOWL	\$2.50
SOUP	CUP \$1.45 BOWL	\$2.29

CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.

BREAKFAST: 7:00 - 10:30

LUNCH: 10:30 - 1:30

